

Healthy Eating & Activity

Among Missouri High School Students

Did You Know?



48% of high school students exercise at least 60 minutes per day!

Percentage of students who ate vegetables in the last week

47%

Carrots

57%

Green salad

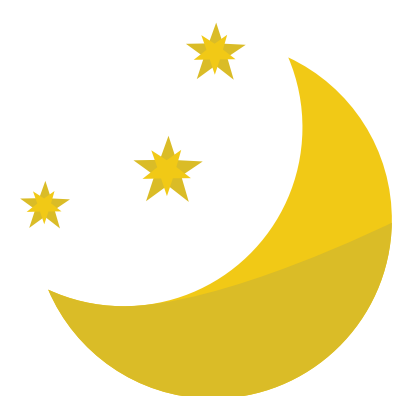
64%

Potatoes

82%

Other veggies

78% of students did not get the recommended 8 hours of sleep a night.



Source: 2019 Missouri Youth Risk Behavior Survey